

## Fall Prevention for Adults: My Falls Safety Plan

We care about your safety. Our team wants to partner with you and your family to protect you from falling. If you have questions about your fall risk status, talk to your team.

### Remember:

1. Patients in the hospital can fall and get hurt.
2. Your fall risk can change during your hospital stay.
3. With your help, we can prevent you from falling.

### You may be at risk for falls or injuries due to:

- |  |   |
|--|---|
| <input type="checkbox"/> Age   | <input type="checkbox"/> Medical Risks  |
| <input type="checkbox"/> New place   | <ul style="list-style-type: none"><li>• Weakness or balance issues</li></ul>                              |
| <input type="checkbox"/> Tripping risks                                      | <ul style="list-style-type: none"><li>• Limited use of arms or legs</li></ul>                             |
| <input type="checkbox"/> Long hospital stay                                  | <ul style="list-style-type: none"><li>• Side effects of medicines</li></ul>                               |
| <input type="checkbox"/> Reaching for items                                  | <ul style="list-style-type: none"><li>• Many trips to the bathroom</li></ul>                              |
| <input type="checkbox"/> Recent fall(s)                                      | <ul style="list-style-type: none"><li>• Dizzy, restless, or lightheadedness</li></ul>                     |
| <input type="checkbox"/> Physical changes                                    | <ul style="list-style-type: none"><li>• Surgery, procedure or sedation within the last 24 hours</li></ul> |
| <ul style="list-style-type: none"><li>• Vision &amp; hearing loss</li></ul>  | <ul style="list-style-type: none"><li>• Brain injury/concussion/brain tumor</li></ul>                     |
| <ul style="list-style-type: none"><li>• Using a new walking device</li></ul> | <ul style="list-style-type: none"><li>• Confusion</li></ul>   |
| <ul style="list-style-type: none"><li>• Lost use of leg(s)</li></ul>         | <ul style="list-style-type: none"><li>• Drugs and/or alcohol use</li></ul>                                |
|  | <ul style="list-style-type: none"><li>• Seizure disorders/movement disorders</li></ul>                    |

Based on the risks noted above, your risk of falling is:

- |  |
|--|
| <input type="checkbox"/> Standard Risk for falls |
| <input type="checkbox"/> High Risk for falls     |

### What you can do to prevent falls:

- |  |   |
|--|---|
| <input type="checkbox"/> Use the call light to call for help before getting out of bed       | <input type="checkbox"/> Keep room and floor clutter free                           |
| <input type="checkbox"/> Wait and call for help even if family is willing to help you get up | <input type="checkbox"/> Wear clothing that fits and shoes/slippers when out of bed |
| <input type="checkbox"/> Be aware of monitors, IV poles/tubing, oxygen tubing, cords, etc.   | <input type="checkbox"/> Keep personal items and call light within reach            |
|  | <input type="checkbox"/> Wear your glasses and hearing aids                         |
|  | <input type="checkbox"/> Get up slowly  |

**Fall safety = Call nurse first**

### What staff will do to keep you safe:

- |   |  |
|---|--|
| <input type="checkbox"/> Place a sign outside of your door        | <input type="checkbox"/> Make a toileting schedule or use a bedside commode or bedpan                |
| <input type="checkbox"/> Place a high fall risk ID wristband      | <input type="checkbox"/> Use devices like a gait belt or walker                                      |
| <input type="checkbox"/> Stay with you in the bathroom and shower | <input type="checkbox"/> Use video monitoring or a companion   |
| <input type="checkbox"/> Use bed, chair or seatbelt alarms        | <input type="checkbox"/> Use upper side rails on bed and make sure the bed is in the lowest position |
| <input type="checkbox"/> Assess your mobility                     |  |
| <input type="checkbox"/> Use low beds and floor mats              |  |

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5461